

# Kentucky Pilot Survey of Pregnancy Test and EC Clients in Public Health Clinics

Ellen Shanahan, MA

Julie DeClerque, DrPH, MPH

Debra Israel, RN

Amanda Wilburn, MPH

Sarojini Kanotra, PhD, MPH

# Reproductive Life Planning

- **Healthier Babies**
  - Full-term
  - Optimal birth weight
  - Free from smoke, drug or alcohol exposure
- **Healthier Moms**
  - Chronic disease management
  - Behavioral risks minimized
  - Adequate prenatal care
- **Healthier Families**
  - Relationships established
  - Economic and educational goals underway
  - Adequate spacing of births

# Life Course Perspective

- **Stressors and Resilience – A Balancing Act**
- **Optimal Health Across the Life Span**
  - **Physical**
  - **Reproductive**
  - **Mental**
  - **Psycho-Social**
  - **Emotional**
- **Individual and Population Level Views**

# Pregnancy Intention

- **What Does it Mean?**
  - Wantedness
  - Timing
- **Can We Measure It?**
  - What's Being Measured?
  - Issues with Hindsight
- **What's Missing?**
  - Locus of Control
  - Strength of Motivation
- **Change Over Time**



## Kentucky Family Planning Survey

Pregnancy Test / EC Client Survey 2011



Thank you for helping us learn about the needs of our clients who come for family planning services. Your participation in this survey is completely voluntary. Your answers will remain confidential and not be linked to your name. Please return this survey to the main desk when all questions are completed.

# Study Questions

- Do PH clinic PT and EC clients plan their pregnancies?
- Do they have a reproductive life plan?
- How do they express their childbearing and pregnancy intentions?
- Do they use appropriate contraceptive methods when they don't want to be pregnant?
- Are their partners involved in their planning?
- How much of an issue is intimate partner violence?

# What Makes This Study Different?

- Infrequently studied population
  - Not the typical family planning client
  - Critical moment – whether pregnant or not
- Asks multiple questions about intention
  - Hope
  - Planning
  - Want
  - Intending
  - Trying
- Responses include option to express ambivalence

# Study Design

- Offered in English and Spanish
- Approximately ten minutes – completed while waiting
- 36 Questions
  - National Survey of Family Growth
  - Behavioral Risk Factor Surveillance System
  - Pregnancy Risk Assessment Monitoring System
  - London Measure of Unplanned Pregnancy
  - Original questions for this survey

# Recruitment

- **3 Clinics in Lexington**
  - Lexington-Fayette Local Health Department Clinic
  - Planned Parenthood of Kentucky
  - Bluegrass Community Health Center
- **3 Clinics in Louisville**
  - Lexington-Fayette Local Health Department Clinic
  - Planned Parenthood of Kentucky
  - Family Health Centers
- **Front desk staff or triage nurses**
  - Read script letting patient know survey is anonymous and voluntary
  - Offer \$10 thank you gift card

# Participants

- **Women 18 year and older**
- **Presenting for either a pregnancy test or EC**
- **Willing to complete survey during clinic visit**

# Domains

- **Contraceptive Use:** non-use, partial use, consistent use, method failure
- **Personal Circumstances:** timing in terms of relationship, stage in life, material resources
- **Partner Influences:** desire for pregnancy, attitudes about birth control, couple congruence
- **Desire for pregnancy/ desire for motherhood**
- **Expressed fertility/pregnancy intentions:** positive, ambivalent, negative
- **Preconception knowledge, preparations:** folic acid, RLP, RTIs, fertility awareness

# Key Questions

- What is the profile of a Title X PT/ EC client?
- What does she understand about her pregnancy risk?
- What are her experiences with family planning?
- What are the circumstances of the possible pregnancy?
- Does preconception health play a role?

# What Do We Know Thus Far?

- Most respondents are not trying to be pregnant...and are not doing anything to prevent pregnancy
- Narrow range of contraceptive methods among respondents
- It matters how we ask questions about intendedness
- More than half of respondents are ambivalent about becoming pregnant

# Listening to Providers

- **Feedback Sessions in Louisville and Lexington**
  - How do survey results compare to experience?
  - What opportunities for counseling do the results suggest?
  - Do our protocols “start the conversation” about reproductive life planning?
  - What can we offer new clients – and established clients – who come thinking they may be pregnant?
  - Biggest challenges in a typical day serving FP clients
  - How do we move from ambivalence to healthy plans?

# Next Steps

- **North Carolina Survey About to Begin**
  - Builds on Kentucky experience
  - Testing a composite measure
    - Clearly articulated reproductive goals
    - Quick and useful in clinic setting
- Integrating walk-in PT and EC with routine
- Strategies for starting the conversation
- Identifying tools that work across settings
  - Client
  - Outreach
  - Provider

# For More Information

**Debra Israel, Kentucky Family Planning Director**  
**[Debra.Israel@ky.gov](mailto:Debra.Israel@ky.gov)**

This project is a joint effort between:

The Kentucky Family Planning Program, Division of Women's Health

The Kentucky BRFSS, Division of Prevention and Quality Improvement

The Region IV Network for Data Management and Utilization Project

Cecil G. Sheps Center for Health Services Research, UNC-Chapel Hill

HRSA/MCHB Graduate Student Intern Program (GSIP)